Hurricane Active Life Center

June 2022

435-635-2089

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1	
		Chicken Fajita	Meatloaf w/Brown Gravy
A suggested denotion of \$2.00 is re	squasted from conjers 60 and older	Flour Tortilla	Garlic Whipped Potatoes
A suggested donation of \$3.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00		Black Bean & Corn Salad	Creamed Peas
		Fiesta Vegetable Blend	Spinach Salad
		Spanish Brown Rice	Dinner Roll
Menu subject to change based on availability.		Fresh Grapes	Tropical Fruit
		Milk	Milk
Follow Us on Facebook	@triocommunitymeals	Taco Sauce	Margarine
		raco saace	Ranch Salad Dressing
6	7	8	Nation Salad Diessing
Breaded Fish Sandwich	Smothered Chicken Breast	Salisbury Steak w/Brown Gravy	Sweet & Sour Chicken
		- 1	
Hamburger Bun	Buttered Rice	Roasted Red Potatoes	Japanese Veg Blend
Green Peas	Green Beans	Mixed Vegetables	Cucumber Salad
Garden Vegetable Blend	Whole Kernel Corn	Beet Salad	Jasmine White Rice
Seasonal Fruit	Texas Bread	Dinner Roll	Mandarin Oranges
Milk	Seasonal Fruit	Fruited Gelatin	Milk
Tartar Sauce	Milk	Milk	
	Margarine	Margarine	
		Diet - Sugar-Free Fruited Gelatin	
13	14	15	
			Father's Day Meal
lawaiian Chicken Haystack	Meatballs w/Spaghetti Sauce	Bratwurst	Roast Beef Au Jus
Broccoli	Penne Pasta	Hot Dog Bun	Oven Roasted Potatoes
Cabbage & Carrots	Mixed Vegetables	Sauerkraut	Glazed Baby Carrots
White Rice	Mixed Green Salad	Potato Wedges	Tossed Salad w/Dressing
Wheat Bread	Dinner Roll	Seasonal Fruit	Dinner Roll w/Margarine
Pineapple Tidbits	Fresh Grapes	Milk	Seasonal Fruit
Milk	Milk	Mustard	Milk
Margarine	Margarine	Ketchup	Chocolate Chip Cookie
	Ranch Salad Dressing	Relish	Diet - No Sugar Added Puddi
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	21		01.1 5 . /015 1 0
	Panko Crusted Pollock	Cheeseburger	•
	Panko Crusted Pollock w/Creamy Dill Sauce	Cheeseburger Hamburger Bun	Garden Vegetable Blend
CLOSED	Panko Crusted Pollock w/Creamy Dill Sauce Brown Rice	Cheeseburger Hamburger Bun Lettuce/Tomato/Onion/Pickles	Garden Vegetable Blend Spinach Salad
	Panko Crusted Pollock w/Creamy Dill Sauce Brown Rice Broccoli	Cheeseburger Hamburger Bun Lettuce/Tomato/Onion/Pickles Potato Wedges	Garden Vegetable Blend Spinach Salad Fettuccini Noodles
CLOSED	Panko Crusted Pollock w/Creamy Dill Sauce Brown Rice	Cheeseburger Hamburger Bun Lettuce/Tomato/Onion/Pickles	Garden Vegetable Blend Spinach Salad
CLOSED in observance of	Panko Crusted Pollock w/Creamy Dill Sauce Brown Rice Broccoli	Cheeseburger Hamburger Bun Lettuce/Tomato/Onion/Pickles Potato Wedges	Garden Vegetable Blend Spinach Salad Fettuccini Noodles
CLOSED in observance of	Panko Crusted Pollock w/Creamy Dill Sauce Brown Rice Broccoli Mixed Vegetables	Cheeseburger Hamburger Bun Lettuce/Tomato/Onion/Pickles Potato Wedges Peach Crisp	Garden Vegetable Blend Spinach Salad Fettuccini Noodles Garlic Texas Bread
CLOSED in observance of	Panko Crusted Pollock w/Creamy Dill Sauce Brown Rice Broccoli Mixed Vegetables Dinner Roll	Cheeseburger Hamburger Bun Lettuce/Tomato/Onion/Pickles Potato Wedges Peach Crisp Milk	Garden Vegetable Blend Spinach Salad Fettuccini Noodles Garlic Texas Bread Seasonal Fruit
CLOSED in observance of	Panko Crusted Pollock w/Creamy Dill Sauce Brown Rice Broccoli Mixed Vegetables Dinner Roll Seasonal Fruit Milk	Cheeseburger Hamburger Bun Lettuce/Tomato/Onion/Pickles Potato Wedges Peach Crisp Milk Ketchup	Garden Vegetable Blend Spinach Salad Fettuccini Noodles Garlic Texas Bread Seasonal Fruit Milk
CLOSED in observance of	Panko Crusted Pollock w/Creamy Dill Sauce Brown Rice Broccoli Mixed Vegetables Dinner Roll Seasonal Fruit	Cheeseburger Hamburger Bun Lettuce/Tomato/Onion/Pickles Potato Wedges Peach Crisp Milk Ketchup Mustard Diet Dessert - Diced Peaches	Garden Vegetable Blend Spinach Salad Fettuccini Noodles Garlic Texas Bread Seasonal Fruit Milk
CLOSED in observance of Juneteenth	Panko Crusted Pollock w/Creamy Dill Sauce Brown Rice Broccoli Mixed Vegetables Dinner Roll Seasonal Fruit Milk Margarine	Cheeseburger Hamburger Bun Lettuce/Tomato/Onion/Pickles Potato Wedges Peach Crisp Milk Ketchup Mustard Diet Dessert - Diced Peaches	Garden Vegetable Blend Spinach Salad Fettuccini Noodles Garlic Texas Bread Seasonal Fruit Milk Ranch Salad Dressing
CLOSED in observance of Juneteenth	Panko Crusted Pollock w/Creamy Dill Sauce Brown Rice Broccoli Mixed Vegetables Dinner Roll Seasonal Fruit Milk Margarine 28 Open Face Turkey Sandwich	Cheeseburger Hamburger Bun Lettuce/Tomato/Onion/Pickles Potato Wedges Peach Crisp Milk Ketchup Mustard Diet Dessert - Diced Peaches	Garden Vegetable Blend Spinach Salad Fettuccini Noodles Garlic Texas Bread Seasonal Fruit Milk Ranch Salad Dressing Minestrone Soup w/Sausag
CLOSED in observance of Juneteenth 27 Beef Taco Pinto Beans	Panko Crusted Pollock w/Creamy Dill Sauce Brown Rice Broccoli Mixed Vegetables Dinner Roll Seasonal Fruit Milk Margarine 28 Open Face Turkey Sandwich w/Gravy	Cheeseburger Hamburger Bun Lettuce/Tomato/Onion/Pickles Potato Wedges Peach Crisp Milk Ketchup Mustard Diet Dessert - Diced Peaches Sloppy Joe Hamburger Bun	Garden Vegetable Blend Spinach Salad Fettuccini Noodles Garlic Texas Bread Seasonal Fruit Milk Ranch Salad Dressing Minestrone Soup w/Sausag Baked Potato Half
CLOSED in observance of Juneteenth 27 Beef Taco Pinto Beans nredded Lettuce & Tomato	Panko Crusted Pollock w/Creamy Dill Sauce Brown Rice Broccoli Mixed Vegetables Dinner Roll Seasonal Fruit Milk Margarine 28 Open Face Turkey Sandwich w/Gravy Green Beans	Cheeseburger Hamburger Bun Lettuce/Tomato/Onion/Pickles Potato Wedges Peach Crisp Milk Ketchup Mustard Diet Dessert - Diced Peaches Sloppy Joe Hamburger Bun Baked Beans	Garden Vegetable Blend Spinach Salad Fettuccini Noodles Garlic Texas Bread Seasonal Fruit Milk Ranch Salad Dressing Minestrone Soup w/Sausag Baked Potato Half Mixed Vegetables
CLOSED in observance of Juneteenth 27 Beef Taco Pinto Beans nredded Lettuce & Tomato Flour Tortilla	Panko Crusted Pollock w/Creamy Dill Sauce Brown Rice Broccoli Mixed Vegetables Dinner Roll Seasonal Fruit Milk Margarine 28 Open Face Turkey Sandwich w/Gravy Green Beans Mashed Potatoes	Cheeseburger Hamburger Bun Lettuce/Tomato/Onion/Pickles Potato Wedges Peach Crisp Milk Ketchup Mustard Diet Dessert - Diced Peaches Sloppy Joe Hamburger Bun Baked Beans Parslied Carrots	Garden Vegetable Blend Spinach Salad Fettuccini Noodles Garlic Texas Bread Seasonal Fruit Milk Ranch Salad Dressing Minestrone Soup w/Sausag Baked Potato Half Mixed Vegetables Mixed Green Salad
CLOSED in observance of Juneteenth 27 Beef Taco Pinto Beans nredded Lettuce & Tomato Flour Tortilla Spanish Rice	Panko Crusted Pollock w/Creamy Dill Sauce Brown Rice Broccoli Mixed Vegetables Dinner Roll Seasonal Fruit Milk Margarine 28 Open Face Turkey Sandwich w/Gravy Green Beans Mashed Potatoes Spinach Salad	Cheeseburger Hamburger Bun Lettuce/Tomato/Onion/Pickles Potato Wedges Peach Crisp Milk Ketchup Mustard Diet Dessert - Diced Peaches 29 Sloppy Joe Hamburger Bun Baked Beans Parslied Carrots Cinnamon Applesauce	Garden Vegetable Blend Spinach Salad Fettuccini Noodles Garlic Texas Bread Seasonal Fruit Milk Ranch Salad Dressing Minestrone Soup w/Sausag Baked Potato Half Mixed Vegetables Mixed Green Salad Dinner Roll
CLOSED in observance of Juneteenth 27 Beef Taco Pinto Beans nredded Lettuce & Tomato Flour Tortilla Spanish Rice Canned Pineapple	Panko Crusted Pollock w/Creamy Dill Sauce Brown Rice Broccoli Mixed Vegetables Dinner Roll Seasonal Fruit Milk Margarine 28 Open Face Turkey Sandwich w/Gravy Green Beans Mashed Potatoes Spinach Salad Fresh Grapes	Cheeseburger Hamburger Bun Lettuce/Tomato/Onion/Pickles Potato Wedges Peach Crisp Milk Ketchup Mustard Diet Dessert - Diced Peaches Sloppy Joe Hamburger Bun Baked Beans Parslied Carrots	Garden Vegetable Blend Spinach Salad Fettuccini Noodles Garlic Texas Bread Seasonal Fruit Milk Ranch Salad Dressing Minestrone Soup w/Sausag Baked Potato Half Mixed Vegetables Mixed Green Salad Dinner Roll Tropical Fruit
CLOSED in observance of Juneteenth 27 Beef Taco Pinto Beans predded Lettuce & Tomato Flour Tortilla Spanish Rice Canned Pineapple Milk	Panko Crusted Pollock w/Creamy Dill Sauce Brown Rice Broccoli Mixed Vegetables Dinner Roll Seasonal Fruit Milk Margarine 28 Open Face Turkey Sandwich w/Gravy Green Beans Mashed Potatoes Spinach Salad Fresh Grapes Milk	Cheeseburger Hamburger Bun Lettuce/Tomato/Onion/Pickles Potato Wedges Peach Crisp Milk Ketchup Mustard Diet Dessert - Diced Peaches 29 Sloppy Joe Hamburger Bun Baked Beans Parslied Carrots Cinnamon Applesauce	Garden Vegetable Blend Spinach Salad Fettuccini Noodles Garlic Texas Bread Seasonal Fruit Milk Ranch Salad Dressing Minestrone Soup w/Sausag Baked Potato Half Mixed Vegetables Mixed Green Salad Dinner Roll Tropical Fruit Milk
CLOSED in observance of Juneteenth Beef Taco Pinto Beans nredded Lettuce & Tomato Flour Tortilla Spanish Rice Canned Pineapple Milk Shredded Cheese	Panko Crusted Pollock w/Creamy Dill Sauce Brown Rice Broccoli Mixed Vegetables Dinner Roll Seasonal Fruit Milk Margarine 28 Open Face Turkey Sandwich w/Gravy Green Beans Mashed Potatoes Spinach Salad Fresh Grapes Milk Ranch Salad Dressing	Cheeseburger Hamburger Bun Lettuce/Tomato/Onion/Pickles Potato Wedges Peach Crisp Milk Ketchup Mustard Diet Dessert - Diced Peaches 29 Sloppy Joe Hamburger Bun Baked Beans Parslied Carrots Cinnamon Applesauce	Garden Vegetable Blend Spinach Salad Fettuccini Noodles Garlic Texas Bread Seasonal Fruit Milk Ranch Salad Dressing Minestrone Soup w/Sausag Baked Potato Half Mixed Vegetables Mixed Green Salad Dinner Roll Tropical Fruit Milk Margarine & Sour Cream
CLOSED in observance of Juneteenth 27 Beef Taco Pinto Beans nredded Lettuce & Tomato Flour Tortilla Spanish Rice Canned Pineapple Milk	Panko Crusted Pollock w/Creamy Dill Sauce Brown Rice Broccoli Mixed Vegetables Dinner Roll Seasonal Fruit Milk Margarine 28 Open Face Turkey Sandwich w/Gravy Green Beans Mashed Potatoes Spinach Salad Fresh Grapes Milk	Cheeseburger Hamburger Bun Lettuce/Tomato/Onion/Pickles Potato Wedges Peach Crisp Milk Ketchup Mustard Diet Dessert - Diced Peaches 29 Sloppy Joe Hamburger Bun Baked Beans Parslied Carrots Cinnamon Applesauce	Spinach Salad Fettuccini Noodles Garlic Texas Bread Seasonal Fruit Milk Ranch Salad Dressing Minestrone Soup w/Sausag Baked Potato Half Mixed Vegetables Mixed Green Salad Dinner Roll Tropical Fruit Milk